

Cahill Senior Center

May Virtual Classes

Chair Fit and Fabulous Monday's 10:30am-11:30am **5/3-5/24**

All levels welcome in this virtual exercise class. Exercise at your own pace and comfort level, using a chair or standing. Stay after class on Zoom to socialize! Code: **69986** Free

Simple Cooking for Seniors Tuesday's 11:30am-1:00pm **5/4-5/25**

Learn to love cooking! Make easy to follow recipes with minimal ingredients while discussing eating on a budget and balanced nutrition. This class will include a recipe book and cooking demonstration. Code: **69990** Free *Space is limited*

Senior Support Wednesday's 11:00am-12:00pm **5/5-5/26**

This is an open ended Zoom hour that can be used for almost anything! Need resources? Want to learn how to reduce stress or just talk? You can sign up for a single hour or attend weekly. Code: **69988** Free

Cahill Community Chat **CANCELLED**

Chair Fit & Extra Fabulous Thursday's 10:30am-11:30am **5/6-5/27**

Exercise at your own pace using a chair or standing. Similar to Chair Fit and Fabulous with additional equipment and exercises. Equipment will be provided. Code: **69985** Free

Birthday Bingo Thursday, 12:00pm-1:30pm **5/13**

Join us as we celebrate the month's birthday's. Play virtual bingo for grocery store gift cards. Code: **69983** Free *Space is limited*

Crafts with Carol Thursday 12:00pm-1:30pm **5/20**

Get your creative juices flowing in this fun monthly virtual craft class. Supplies and instructions will be provided and available for pick up to make craft at home. No artistic experience necessary! Code: **69987** Free *Space is limited*

Senior Social Friday's 12:00pm -1:00pm **5/14-5/28**

Get some facetime with old friends and make new ones along the way! Learn creative ways to stay connected. This class will include an adult activity book. Code: **69989** Free



April Programs and Events at Cahill

See what's happening!



GREASE Zoom Entertainment.



April Lunch To Go



Danny & Sandy
with Sal
performing
GREASE!



Meet our Zoom Entertainment prize
drawing winner, Gary Harris, from the
April "Grease is the Word!" Prize
Drawing, shown here with Carol Quinn.
Prize was donated by Hatfield Medical

Checking out the
Artist, Clyde, during
the painting of the
mural installation at
the Westside
Multigenerational
Center



Simple Cooking for Seniors.
Class Meal



Cahill May 2021

Monday

Tuesday

Wednesday

Thursday

Friday

3 10:30 am Chair Fit & Fab Code: 69986 Virtual	4 11:30 am Simple Cooking for Seniors Code: 69990 Virtual	5 11:00 am Senior Support Code: 69988 Virtual	6 10:30 am Chair Fit & Extra Fabulous Code: 69985 Virtual	7
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